

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Ant
Patience



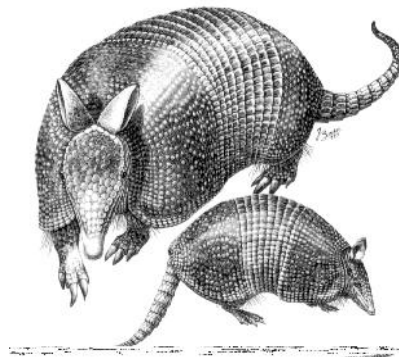
Group minded,
determination, patient,
active, and industrious

ANIMAL TOTEM
Antelope
Action



Active, agile, jumpiness, and
willing to sacrifice

ANIMAL TOTEM
Armadillo
Boundaries



Safety oriented, grounded,
and has boundaries

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Badger
Aggressiveness



Courage, aggressive, healer,
having problems relating to
others, and energy conduit

ANIMAL TOTEM
Bat
Rebirth



Rebirth, longevity, secrecy,
initiation, good listener, and
long life

ANIMAL TOTEM
Bear
Introspection



Industrious, instinctive,
healing, power, sovereignty,
guardian of the world,
watcher, courage, will
power, self-preservation,
introspection, and great
strength.

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Beaver
Builder



Determined, strong-willed,
builder, overseer, and
protector

ANIMAL TOTEM
Buffalo
Prayer &
Abundance



Sacredness, life, great
strength, abundance,
gratitude.

ANIMAL TOTEM
Butterfly
Transformation



Metamorphosis,
transformation, balance,
grace, ability to accept
change

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Coyote
Trickster



Stealth, mischief, trickster,
intelligent, clowning around,
ability to recognize
mistakes.

ANIMAL TOTEM
Crow
Law



Justice, shape shifting,
change, creativity, spiritual
strength, energy, community
sharing, and balance

ANIMAL TOTEM
Deer
Gentleness



Compassion, peace,
intellectual, gentle, caring,
kind, subtlety, gracefulness,
femininity, gentleness,
innocence, and seller of
adventure

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Dog
Loyalty



Noble, faithful, loyal,
teaching, protection, and
guidance

ANIMAL TOTEM
Dolphin
Manna



Kind, salvation, wisdom,
happiness, playfulness,
prudent, capable of deep
emotion, and happy.

ANIMAL TOTEM
Dragonfly
Illusion



Flighty and carefree, strong
imagination, higher
aspirations.

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Eagle
Spirit



Divine spirit, sacrifice,
connection to creator,
intelligence, renewal,
courage, illumination of
spirit, healing, creation,
freedom, and risk-taker

ANIMAL TOTEM
Elk
Stamina



Strength and agility, pride,
majestic, independence,
purification, strength, and
nobility

ANIMAL TOTEM
Fox
Camouflage



Cunning, agility, quick-
witted, diplomacy, wildness,
feminine magic of
camouflage, shape-shifting
and invisibility

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Frog
Cleansing



Water energy, cleansing, rebirth, sensitivity, medicine, hidden beauty, peace, adaptability, poor character judgment and power.

ANIMAL TOTEM
Grouse
Sacred Spiral



Personal power, enlightenment.

ANIMAL TOTEM
Hawk
Messenger



Messenger, intuition, victory, healing, nobility, recollection, cleansing, visionary power, and guardianship.

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Horse
Power



Freedom, stamina, mobility,
the land, travel, power, and
freedom.

ANIMAL TOTEM
Hummingbird
Joy



Messenger, timelessness,
healing, and warrior.

ANIMAL TOTEM
Lizard
Dreaming



Conservation, vision, self-
protection, hidden defences.

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Lynx
Secrets



Keeper of secrets, guardian,
listener, and guide.

ANIMAL TOTEM
Moose
Self-Esteem



Headstrong, longevity,
steadfastness, and wisdom.

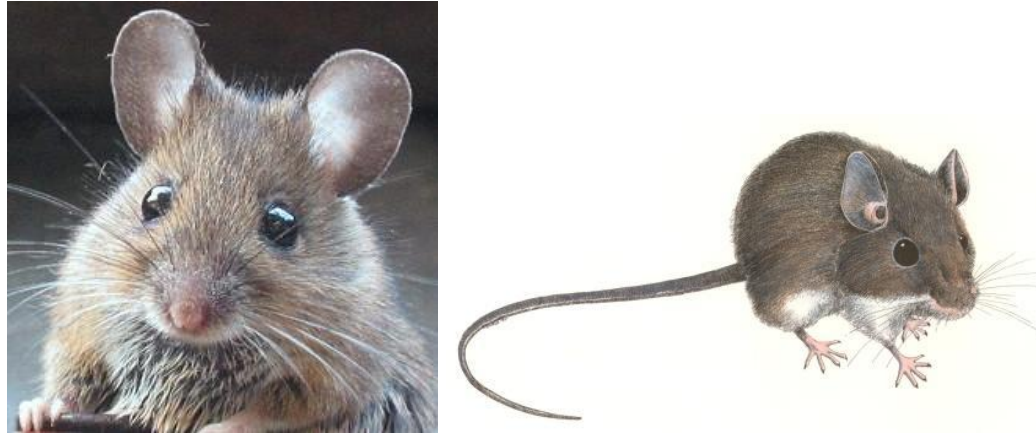
ANIMAL TOTEM
Mountain Lion
Leadership



Leadership, loyalty, courage,
taking responsibility,
foresight

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Mouse
Scrutiny



Scrutiny, order, organizer,
and an eye for details.

ANIMAL TOTEM
Opossum
Diversion



Diversion, strategist, and
deceiver.

ANIMAL TOTEM
Otter
Woman Medicine



Playful, friendly, dynamic,
joy, helpfulness, and sharing

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Owl
Deception



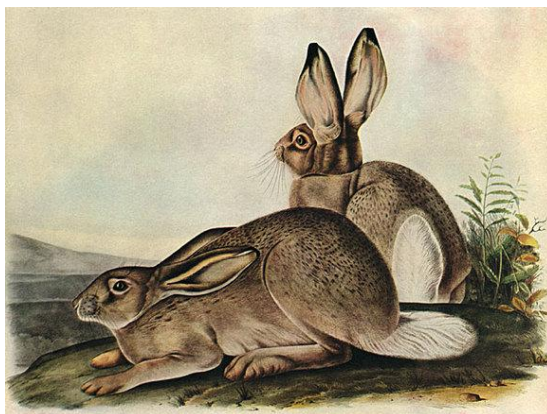
Deception, clairvoyance,
insight, messenger.

ANIMAL TOTEM
Porcupine
Innocence



Innocence, companionship,
and trust

ANIMAL TOTEM
Rabbit
Fear



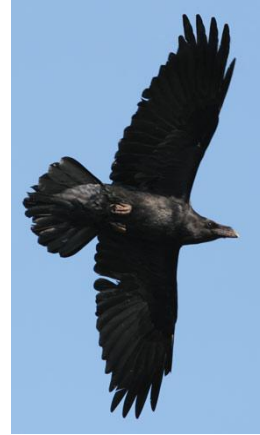
Fear, timidity, nervousness,
humility, rebirth,

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM

Raven

Magic



Introspection, courage,
self-knowledge, magic

ANIMAL TOTEM

Skunk

Reputation



Reputation, presence, and
strength

ANIMAL TOTEM

Snake

Transmutation



Impulsive, shrewdness,
rebirth, transformation,
initiation, and wisdom

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Spider
Weaving



Balance, wisdom, creativity,
communication

ANIMAL TOTEM
Squirrel
Gathering



Planner and gatherer

ANIMAL TOTEM
Swan
Grace



Grace, balance and
innocence, soul, love, beauty,
of the self

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Turkey
Give-Away



Generosity, life-giver, and sharer

ANIMAL TOTEM
Turtle
Mother Earth



Nurturer, shy, and protecting

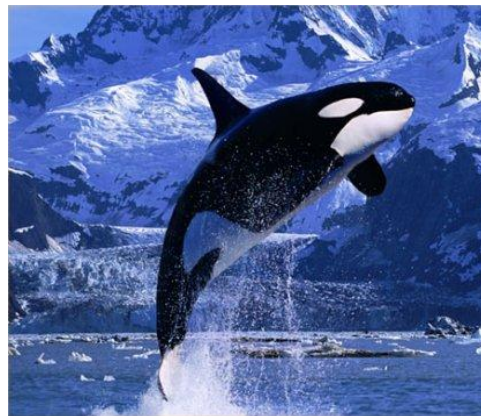
ANIMAL TOTEM
Weasel
Stealth



Strength, energy, ingenuity and stealth

ANIMAL TOTEMS and their MEANINGS

ANIMAL TOTEM
Whale
Record Keeper



Wisdom, provider,
intelligence, and kindness.

ANIMAL TOTEM
Wolf
Teacher



Loyalty, perseverance,
success, intuition, and spirit

ANIMAL TOTEMS and their MEANINGS

Sacred Teachers Say

...To understand the concept of medicine in the Native American way, one must redefine 'medicine.' The medicine referred to ... is anything that improve one's connection ... to all life. This would include the healing of body, mind, and of spirit.

This medicine is also anything which brings personal power, strength, and understanding. It is the constant living of life in a way that brings healing to the Earth Mother and to all of our associates, family, friends, and fellow creatures.

Native American medicine is an all encompassing 'way of life,' for it involves walking on the Earth Mother in perfect harmony with the Universe. ... Our fellow creatures, the animals, exhibit habit patterns that will relay these messages of healing to anyone astute enough to observe their lessons on how to live.

The precious gifts of true medicine are free. ... When you call upon the power of an animal, you are asking to be drawn into complete harmony with the strength of that creature's essence. ...

In learning to call on the medicine of any person, creature, or natural force, one must maintain an attitude of reverence and be willing to accept assistance. ..."

ANIMAL TOTEMS and their MEANINGS

Anytime an animal physically or visually presents itself to you in some unusual way, a way that stands out to you

and truly grabs your attention of it, the spirit of that animal is bringing you a message.

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Anytime you dream of an animal, the spirit of that particular animal is bringing you a message.

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